

Week 1 - CFWP Kick-Start Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Detox day	Detox Day	Detox Day				
PRE-WORKOUT SNACK	Apple		Apple		1/2 or whole banana	1/2 or whole banana	
BKFAST	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie	T	Veggie Omelet (1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit
SNACK	Water	Water	Water	1 hard boiled egg 1/4 cup raw nuts	3 stalks of celery 2 Tbs. Almond butter	R E A	2 Tbs. Hummus 1-2 cups carrots/celery/cucumbers
LUNCH	2 cups - sliced Vegetables 1-cup fruit	2 cups - sliced Vegetables	2 cups - sliced Vegetables 1-cup fruit	3-4 oz.Chicken Breast over salad greens & vegetables 1Tbs. Dressing	Egg salad - 4 eggs (2 egg whites) 1 tsp. dijon mustard & 1 tsp. olive oil 2 sl. Ezekiel bread	T D	2 cups Mixed green salad 1 cup mixed vegetables 1 Tbs. Dressing 1/4 cup nuts
SNACK	Water	Water	Water	1/4 cup of Cottage cheese and 1/2 peach	apple	A Y	Green Smoothie
DINNER	Green salad lemon squeezed for dressing w/lots of veggies	Lettuce wrap with/1-2 cups of Vegetables or Green Smoothie	Green salad lemon squeezed for dressing w/lots of veggies	Ascent Protein shake with water	Wild fish (Salmon) 1/4 cup brown rice 1 cup of broccoli/cauliflower	!	3-4oz.Chicken Breast 1-2 cups Broccoli
NOTES	<p>Thorne Super EPA Fish Oil Daily</p> <p>Water - 1/2 body weight in ounces everyday!</p> <p>Pre-Workout Snack is for members who exercise in the early morning</p>						